

4 WAYS TO THAW FOODS SAFELY



**In a
Cooler or
Refrigerator
at 41°F
or Less**



**In Cold (70°F)
Running Water
for Two Hours
or Less**



**During the Cooking
Process, Continuous
Cooking with
No Interruption**

**By Microwaving,
as the First Step
in a Continuous
Cooking Process**



NEVER THAW FOODS AT ROOM TEMPERATURE
The thawed portions on the outside will support bacterial growth and can result in an unsafe product!

